

# LONDON metro



## THREE TO WATCH IN SOCHI

- **7 a.m.** Charles Hamelin, who won two gold in Vancouver, looks to hit the podium in the 1,500-metre short track.
- **10 a.m.** Canada competes in both men's curling and women's hockey.
- **1 p.m.** Canada looks to continue its moguls dominance, this time on the men's side. Alex Bilodeau, seen here, will look to defend his Vancouver Olympic title — and his biggest competition is Canadian teammate Mikael Kingsbury. **GREG DOWNS/FOR METRO**

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## Oh for Ford sakes, just fly the pride flag

Councillor urges city hall to support LGBT community during the Olympics, like T.O. recently did (despite Mayor Ford's objections) **PAGE 4**

## Knights nab Whalers ... barely

Third-string goalie Justin Tugwell manages to secure Sunday win after backup goalie was pulled for second-straight game **PAGE 16**

# 'Everything is fine' in Sochi

## Winter Olympics.

Russian-born London Knight speaks out against Games' negativity



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It's just about time the international media backs off its criticism of Sochi and the \$50-billion Winter Olympics, London Knights' defenceman Nikita Zadorov says.

"I think half of this (criticism) is not true," the Moscow-born Zadorov told Metro. "Everything is going to be safe there. Russian people are not stupid."

"They are not going to do something bad. It's the Olympic Games, and it's making every guy and everyone in the world happy. I think everything is going to be fine."

### Quoted

**"He's a very proud kid. He loves his heritage, but he's taken every opportunity to assimilate here, and he's done a heck of job."**

Jeff Paul, London Knights' assistant coach, on Russian defenceman Nikita Zadorov

Zadorov, 18, said his father, Sergey, is from Sochi, but he has only been there once.

"It's a great place for an Olympics. It's right on the water. It's hot there, but you can go in the mountains, and it's cold there," Zadorov said. "So everything is fine."

Zadorov said he was happy to see legendary Russian goalie Vladislav Tretiak share in lighting the Olympic torch at the Opening Ceremony on Friday.

"I think he's one of the best goalies in the world all-time. It's great to have a hockey player light the (torch). Great to see

him there," he said.

"I know him. He's a great guy. He's president of the Russia hockey federation. He talked to us a lot. He's from CSKA Moscow, my old team in Russia. I played with his grandson, one year younger than me, but I know him."

While he hopes Russia will win the Olympic hockey gold, he thinks the United States and Sweden will be in the final.

Knights' assistant coach Jeff Paul said Zadorov is "an elite player and a hell of a talent." And also a "good kid."

Paul said the kidding between the Russian, American, Canadian and even German players on the Knights has yet to begin.

"But wait until the games start," he said. "It's easy to kid. The proof will be on the ice."

Zadorov, the Buffalo Sabres' 2013 first-round pick, 16th overall, is also happy his former teammate Olli Maatta will be suiting up with Finland in the Olympics.



## CHA-CHING!

From left, Canadian skaters Patrick Chan, Scott Moir and Tessa Virtue share a light moment as they wait for results Sunday in Sochi. The crew took silver in the team figure skating competition, adding to Canada's growing medal count. More coverage on pages 16-18. **THE ASSOCIATED PRESS**

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## Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in — what one could say was — a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon become debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as *Pseudomonas aeruginosa*, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do. "I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.



Alysa Samarasinghe, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again." Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to [organsandtissues.ca/donate](http://organsandtissues.ca/donate) and click on your province to find out how to become a donor.

## Insight

The facts about cornea  
tissue, transplants and  
wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.\* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

\* "The Cost of Vision Lost in Canada," CNIB and the Canadian Ophthalmological Society, 2000



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Citizen's Guide



# Food trucks almost ready to be wheeled out



Meet Mary Bunting-Mayo, the lady who's serving up gourmet grilled cheese at the Goodah Gastro Truck on a private lot along Queens Avenue. Food trucks could find their way onto public property soon with a blessing from city hall expected by spring, officials say. MIKE DONACHIE/METRO

**Spring meeting.**  
Citizens to be consulted, staff looking at other cities



**MIKE DONACHIE**  
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Grab your napkins for when the weather changes because London's rolling food trucks into the streets.

That's the message from city hall, where city bylaw enforcement chief Orest Katolyk said progress is being made on drawing up rules for licensing trucks.

There's still work to be done, he said, but city staff is working hard and food trucks could be serving customers by late spring.

City council deferred making a decision last year that would have allowed trucks on private property. Instead of giving the immediate go ahead, they asked city staff to take on the issue, a project that has meant reviewing proposals and drawing up some criteria, including where trucks should be permitted.

"We've created a panel with food-industry experts in London, and we're looking at having a balanced approach," Katolyk said.

So what's happening? Why doesn't the city simply say yes to people who want to get cooking?

"It's not as simple as saying yes to perogies and no tooutine," Katolyk said. "We're looking at ways of enhancing

## Land matters

- This city proposal is for food trucks on public land.
- It's already possible, with the permission of a landowner, to open a food truck on private property in London.
- Dozens of food trucks are already open across the city.

London's cultural and local food sector by improving the economic vitality and street life through the provision of food trucks in the city."

London's been casting its net widely.

City staff have looked at the approaches taken by municipalities across North America, Katolyk said, including Portland, Austin, Chicago, Ottawa and Vancouver.

"There are many cities that have a very long and arduous approval process where there's a panel, you can appeal the panel and this is all just to get a food truck on city property," he said.

London's aim isn't to put barriers in the way, he explained, but city staff are trying to take the best parts from other cities' procedures to get the best solution.

The aim is a "simple and open" approval process that's fair, Katolyk said.

The next step is a public participation meeting, expected in the spring, and the hope is that food trucks will be on the road shortly after that.

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# Show of pride: London asked to raise rainbow flag for Olympics

**Russia's anti-gay laws.** Move would show support for 'inclusion and diversity of all people,' councillor says



**SCOTT TAYLOR**

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If Coun. Joni Baechler gets her way, the pride flag will be flapping outside London City Hall during the Olympics.

Baechler has sent an email to Mayor Joe Fontana and city clerk Cathy Saunders asking for the rainbow flag to be raised on the community flagpole in Reginald Cooper Square.

Many cities of the world have opted to show their support for the LGBT community in the wake of strict anti-gay laws passed by Russia and its heavy-handed treatment of those demonstrating against them.

Canadian cities that have

jumped on board include St. John's, Montreal, Ottawa, Calgary, Edmonton, Vancouver and Toronto, despite loud objections from Mayor Rob Ford.

Ford demanded last week that the pride flag be removed from outside his city hall, saying it politicizes the Olympic Games. He has also refused to attend the annual pride parade in Toronto, leading to charges of homophobia from some councillors.

Baechler laughed at a mention of his stance. Fontana, on the other hand, "seems very supportive," she said.

In Ottawa, Mayor Jim Watson gained widespread praise for raising the flag and for the way he replied to one person who disagreed on Twitter.

The man, whose Twitter handle is @Awesomely11, posted the following: "This is a stupid waste of time. You've lost my vote."

Watson replied to the tweet with one of his own: "If you have that point of view, I really don't want your vote."



Several cities, including Ottawa, shown here, have raised the pride flag to show support for the LGBT community during the Olympics. A city councillor has asked for the same move to be made in London. SEAN MCKIBBON/METRO

## Decision time for Western University



Sitting Western University student council president Pat Whelan, centre, celebrates his election win last year as the results are announced on campus.

METRO FILE

Events at London's city hall may be getting plenty of attention, but for students at Western University there's another election to take notice of.

The new presidential team at the University Students' Council has to be chosen and, unlike the decision-makers for the city, the students use an online voting process.

The vote takes place Tuesday and Wednesday, with the winner announced at a nerve-racking event after the polls close at 8 p.m. Wednesday.

Current president Pat Whelan, who's in office until the end of May, said it's been an "exciting" race so far.

But does the USC leadership matter beyond campus? Whelan says it does.

"The USC is a significant not-for-profit in the city and students make up a large proportion of the city," he said. "Whoever gets elected will spend the next year providing a voice for students in dealing with the city."

The presidential hopefuls are Matt Helfand and Brian Belman, and each brings two vice-presidential candidates with them on their slate. The

### Beyond campus

**"Whoever gets elected will spend the next year providing a voice for students in dealing with the city."**

Pat Whelan, Western University student council president

latest event was a debate at the USC chaired by city councillor — and mayoral candidate — Matt Brown on Wednesday.

"We like to say the student government is a fourth layer of government," said Whelan. "It's here as students' advocate to university decision-makers and the city and province."

"It's important that students vote for someone whose views reflect their own."

Whelan himself is ending a "fantastic" year at the top.

His successor and his team will be on the payroll from May 1, overlapping for a month with Whelan's team until they take over on June 1. MIKE DONACHIE/METRO

## Woodstock. Search for cause of blaze continues

Investigators continued Sunday to sift through the rubble left behind by a Woodstock house fire that sent four people to hospital.

Police and officials from the Ontario Fire Marshal's Office are expected to remain on the scene for at least two more days as they try to determine the cause and origin of the Friday blaze at 598 Alberta Ave.

Of the people injured, three remain in hospital where they're being treated for burns, police said Sunday.

All patients were initially taken to the hospital in Wood-

stock, and two have since been transferred to Victoria Hospital in London. The extent of their injuries is not known, but they're listed in stable condition, police said.

Firefighters were called to the scene about 4:45 p.m. Friday, finding the home engulfed in flames with heavy black smoke filling the neighbourhood. Nearby homes were evacuated and streets were closed until crews brought the blaze under control.

The exteriors of homes at 602 and 594 Alberta Ave. were damaged by heat. METRO

### Highbury Ave.

## Man dead in head-on crash

One of four people involved in a head-on crash Saturday in south London has died.

Police released the information late Sunday, a little more than 24 hours after two cars collided at about 7:45 p.m. at Highbury Avenue South and Glanworth Drive.

The deceased was a passenger in a northbound vehicle, police said. His name has not been released.

A woman involved was taken to London Health Sciences in critical condition, police said at the time of the crash.

Two others were taken to St. Thomas-Elgin General Hospital with injuries that are not believed to be life-threatening. METRO







# Local police told to open up the books

**City budget.** Council asks for more detailed needs ahead of audit



SCOTT TAYLOR

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The gulf remains wide between the increase city councillors want to give London's police force for 2014 and what Chief Brad Duncan says he needs.

During the latest debate at city hall, Duncan was told that councillors want to see the nuts and bolts of the police budget rather than the big picture the chief has been painting.

"We need more information and justification over why they believe they need \$900,000 of assessment growth if they're not expanding the

force," Coun. Joni Baechler said. "That's supposed to be used for new services for new communities."

With the \$900,000 assessment growth included, Duncan and the police services board are asking for a 4.4 per cent — or nearly \$3 million — increase over last year's budget.

Council may yet get its wish to see individual line items thanks to an upcoming audit by PricewaterhouseCoopers.

The city offered the auditing firm's services, at no cost, to boards and commissions, including the police.

The result, Baechler said, will depend "on how much information (police) allow them to see.... That's the key."

Council is expected to make a decision on Feb. 25, two days before the city budget is finalized.



## She loves you — yeah yeah yeah

She may be only six years old, but London's Kyleigh Collins was among the masses celebrating a big anniversary for the Fab 4 during London's three-day Fab 50 festival. It was 50 years ago Sunday that The Beatles made their American debut on The Ed Sullivan Show. And while Kyleigh is way too young to have experienced it firsthand, her mother has passed down the Beatlemania. SCOTT TAYLOR/METRO

# Factory owners denied bail after surrender

The two owners of a Bangladesh garment factory who are facing homicide charges for a 2012 fire that killed 112 workers surrendered to a court Sunday and were denied bail. The factory outside the capital, Dhaka, which produced clothing for big retailers including Walmart, had no emergency exits and its location in a narrow alley prevented firefighters from responding quickly to the deadly blaze in November 2012, said prosecutor Anwarul Kabir Babul.

The investigation found that when the fire broke out, managers and security guards told workers it was part of a regular drill and it was too late for many to escape. Workers found the gates locked from outside as the fire engulfed the sprawling building, according to the investigation.

Police filed homicide charges on Dec. 22 against 13 people, including the owners of Tazreen Fashions Ltd., Delwar Hossain and his wife, Mahmuda Akter. Arrest warrants were issued Dec. 31 for six who police said had fled,



Delwar Hossain, centre right, and his wife, Mahmuda Akter, left, are escorted to a court in Dhaka, Bangladesh, Sunday. THE ASSOCIATED PRESS

including the two owners.

After Hossain and Akter surrendered Sunday, a Dhaka court rejected their bail petition and ordered them to be jailed, pending further legal procedures.

If found guilty, the accused face a minimum of seven years and up to life in prison, Babul said. Of the 13 accused, four are still at large.

It's the first time Bangladesh has sought to prosecute factory owners in its lucrative garment industry, which

is the world's second largest after China.

The fire is one of several deadly disasters that have exposed harsh and unsafe working conditions in Bangladesh's garment industry. A factory collapse last April killed more than 1,100 workers.

The impoverished South Asian nation earns more than \$20 billion a year from garment exports, mainly to the United States and Europe.

THE ASSOCIATED PRESS

## Copenhagen. Zoo's giraffe killed, fed to lions because its genes not 'interesting'

Copenhagen Zoo turned down offers from other zoos and 500,000 euros (\$750,000) from a private individual to save the life of a healthy giraffe before killing and slaughtering it Sunday to follow inbreeding recommendations.

The two-year-old male giraffe, named Marius, was put down using a bolt pistol, spokesman Tobias Stenbaek Bro said, and its meat was fed to carnivores at the zoo. Visitors, including children, were invited to watch while the giraffe was dissected.

Marius' plight triggered a wave of online protests and renewed debate about the conditions of zoo animals. Before the giraffe was killed, an online petition to save it had received more than 20,000 signatures.

Stenbaek Bro said the zoo, which now has seven giraffes left, was recommended by the European Association of Zoos and Aquaria to put down Marius, because there were already a lot of giraffes with similar genes in the organization's breeding program.

"The most important factor must be that the animals are healthy physically and behaviourally and that they



Marius, a male giraffe, is eaten by lions after he was put down in a zoo in Copenhagen, Denmark, on Sunday. RASMUS FLINDT PEDERSEN/POLIFOTO/AP

have a good life while they are living whether this life is long or short. This is something that Copenhagen Zoo believes strongly in," said Bengt Holst, the zoo's scientific director.

Animal Rights Sweden said the case simply highlights what they believe zoos do to animals regularly. "It is no secret that animals are killed when there is no longer space, or if the animals don't have genes that are interesting enough," the organization said in a statement. "The only way to stop this is to not visit zoos."

THE ASSOCIATED PRESS

### Kashmir

## Police hunt for official charged with sex assault

Police were searching Sunday for a lawmaker from Indian-controlled Kashmir who is wanted on charges of sexually assaulting a female doctor in the Himalayan territory, officials said. Chief Judicial Magistrate Rajiv Gupta issued an arrest warrant for Shabir Ahmad Khan on Saturday based on a police complaint filed by the doctor last week.

THE ASSOCIATED PRESS

### Russia

## Nun killed after man opens fire in cathedral

A 24-year-old man opened fire Sunday in a cathedral on Russia's Sakhalin Island, killing a nun and a parishioner and wounding six others, investigators said. Officers detained the man and were trying to determine why he attacked the Russian Orthodox cathedral in the city of Yuzhno-Sakhalinsk, the federal Investigative Committee said.

THE ASSOCIATED PRESS



## Building bridges? Money for 'major infrastructure projects' will be in budget

Finance Minister Jim Flaherty says his upcoming federal budget will contain money for "major" infrastructure projects.

Flaherty told CTV's Question Period that infrastructure is a good investment, but the government must be prudent at the same time.

"There will be money for infrastructure, and very importantly, major infrastructure projects in Canada, major economic infrastructure projects," Flaherty said.

"It is all about the economy and jobs. I mean, that's the primary job of the federal government in this country. We will be investing and we will be ensuring that we move forward on the economic front, not just balance the budget."

One such project might be a second bridge between Detroit and Windsor, Ont. Reports earlier this month said Canada plans to start buying land on the Michigan side of the Detroit River to build the new crossing, a short distance from the existing Ambassador Bridge.



Minister of Finance Jim Flaherty speaks in Toronto on Friday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

In its recent throne speech, the Harper government signalled it would spend billions of dollars over the next decade on major regional infrastructure projects. The throne speech explicitly mentioned the second Detroit-Windsor bridge, subways in the Greater Toronto Area, replacing the Champlain Bridge in Montreal and building Vancouver's Evergreen Line rapid-transit extension.

THE CANADIAN PRESS

# London 'Canadian Idol' doc to stand trial for terrorism



Terror suspect Khurram Syed Sher, who was arrested in August on terrorism charges related to an alleged bomb plot, leaves the Ottawa Courthouse after being granted bail in 2010. SEAN KILPATRICK/THE CANADIAN PRESS

**Attack was months away: RCMP.** Khurram Syed Sher faces charges related to alleged plot that stretched from Ottawa to the Mideast

More than three years after his arrest, a man who once auditioned for Canadian Idol will face trial on a terrorism charge.

Khurram Syed Sher, a doctor of pathology from London, is to be tried by a judge alone in an Ottawa courtroom.

Sher, 31, was charged along with two other men in August 2010 with conspiracy to facilitate terrorism.

Following the sensational arrests, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

Police claimed the alleged

### International effort

An undercover source working for Canada's main spy agency and sensitive intelligence from the U.S. and U.K. helped build the case against the alleged conspirators, court documents indicate.

plot stretched from Ottawa to Afghanistan, Dubai, Iran and Pakistan. A senior RCMP officer said at the time that an attack was still months away, but that the plotters were moving into a preparatory phase.

The McGill University graduate, who has been free on bail, worked as an anatomical pathologist at St. Thomas Elgin General Hospital in St. Thomas. He made international headlines shortly after his arrest when it emerged he had once sung and danced on the Canadian Idol program.

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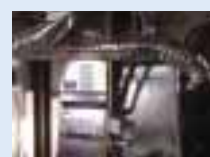
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# Don't just ride out the ups and downs

## Take stock.

This RRSP season, go from passenger to driver



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

Inversions, helix turns and barrel rolls are vomit-inducing delights courtesy of the world's scariest roller coasters. But you don't need to travel to Cedar Point, Ohio, for a dose of fear. Just being invested in the stock market of late will suffice.

Daily triple-digit losses are starting almost to be normal. The S&P/TSX Composite has been gyrating between 12,000 and nearly 14,000 over the past year. The U.S. S&P 500 has been similarly volatile, especially in the last month.

Anemic next-day recoveries throughout January made the

### Do your homework

It's often difficult to figure out the equity/fixed-income ratio with mutual funds, which can hold stocks, bonds and cash.

- If mutual funds are lumped together on your statement an adviser can give you a complete breakdown, or you will have to do a bit of leg-work yourself.
- If you have 75 per cent in equities, for example, be sure you're comfortable with the risk. Otherwise, reduce and be safe.

dips appear to be normal profit taking after a strong 2013. But last Monday's more than two per cent trouncing felt like the beginning of a rout.

With RRSP season upon us, investors are wondering

whether to retreat to the safety of cash, lest a 2008-09-style crash devastate retirement accounts. Those who made that move before the financial crisis was upon us — and then got back into the stock market at the bottom — did brilliantly. But hardly anyone got that bet right.

I don't believe in staying the course and waiting out volatility. Rather, everyone should take a hard look at holdings before investing more money. Automatic investment plans are great conveniences. But they tend to put one in, well, automatic mode.

Before doing anything this RRSP season, look at your equity/fixed-income ratio or asset allocation. Chances are equities have risen as a percentage of the portfolio because of the 2013 market run.

Don't let that continue. Funnel new contributions into fixed income or adjust your automatic investment plan away from equities.



## Airlines weighed down by baggage of service complaints

A weary traveller searches for her luggage in the baggage-claim area at Toronto's Pearson International Airport in January after a ground stop delayed or cancelled hundreds of flights and created a huge backlog. In its annual report, the Canadian Transportation Agency says it received 301 complaints against eight Canadian carriers in 2012-2013, up from 215 complaints in 2011-2012. Quality-of-service complaints — including allegations about rude, unhelpful staff and poor communication — were the most common for the seventh year in a row. RANDY RISLING/TORSTAR NEWS SERVICE

### U.S. jobs data dips down

## Yet another thing to pin on the polar vortex?

It could be another volatile week on stock markets as traders are again forced to weigh the distorting effects of harsh winter weather on U.S. employment data.

Markets ended last week positive, with the TSX up 0.67 per cent and the Dow industrials ahead 0.6 per cent, as traders tried to make the best of January employment data showing the U.S. economy created only 113,000 jobs against the 180,000 that had been expected. That followed a meagre 74,000 gain in December, another month of harsh weather.

Despite the overall gains for the week, there were huge swings on both the TSX and the Dow after data for China and the U.S. showed a slowdown in manufacturing, raising concerns about whether economic problems in emerging markets can be contained.

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# IT'S THE STRUGGLE, NOT THE TRIUMPH

I recall first learning about the Olympic creed in elementary school when researching my Grade 5 speech on the Olympic Games.

Credited to Pierre de Coubertin, the founder of the modern Olympic movement, the creed epitomized, to me, what sport is all about: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

I remember being inspired by the creed and its positive message. I imagined it could be applied, not just to Olympians, but to athletes at all levels of sport, even to Grade 5 kids who played on their elementary school sports teams. It really stuck with me.

Some 20 years later, I found myself working at the Olympics as a reporter, covering the bobsled, luge and skeleton events at the 2010 Vancouver Games. There, I saw the creed on full display, from athletes all over the world.

I met some impressive people at the Games. Each athlete had



URBAN COMPASS

Todd Devlin

[london@metronews.ca](mailto:london@metronews.ca)

an inspirational story about how they'd managed to reach the world stage in their respective sport. But as I spoke to more and more Olympians, I realized their stories and their battles were really not so different from those experienced by all of us. Sure, the arena was different, but many of the challenges they'd faced were universal. They were, after all, human.

One skeleton athlete I spoke to was very open about his Tourette syndrome and his battles with alcoholism and depression. Yet, there he was, competing among the best athletes in the world in his sport.

Speaking with him was one of the most rewarding experiences I had at the Games. It really put an exclamation mark on the humanity of the whole thing.

Behind all the politics, the security concerns, and the corporatization of the Games, the Olympics really are about bringing countries — and human beings — together, and allowing the world to see that we're not so different — any of us.

Olympic athletes are human beings, just like you and me,

**Olympians are people too**

The media likes to play up the idea that Olympians are somehow 'larger than life.' But, the truth is, there is no such thing.

complete with human flaws and human challenges. And, perhaps most importantly, they're just out there trying their best.

I'll be watching Sochi 2014 from afar this time around, but I'll be rooting for all athletes.

Sure, I'll be cheering for Canadian medal winners, but I'll also be rooting for the Norwegians, the Australians and the Germans. I'll be cheering for gold medallists, bronze medallists and 10th-place finishers. And I'll be rooting on athletes both gay and straight.

I'll be doing so with the Olympic creed in mind. After all, the important thing is not the triumph, but the struggle — not to have conquered but to have fought well. Enjoy the show.

Follow Todd Devlin on  
Twitter @UrbanCompassLdn



**ZOOM**

## Since it's not in the Olympics yet ...



CLEMENT ALLARD/THE CANADIAN PRESS

### Cheese trumps insurance at Carnival

Team Fromagerie Ile aux Grues, pictured in red, won the ice canoe race on the St. Lawrence River as part of Quebec's Winter Carnival activities Sunday in Quebec City. Team La Capitale insurance, in blue, finished second.

Ice canoeing started as a

gruelling, dangerous, necessary means of transportation to cross the frozen Saint Lawrence River during the winter. The legend is that the racing began as a competition between families for the contract to deliver the mail. Now there's several regular annual races, including at Quebec City's Carnaval de Quebec, the biggest Winter Carnival in the World. More

than 40 teams compete, struggling with the powerful current, great chunks of ice and numbing water.

Other Carnival activities for the 17-day festival include night parades, ice fishing, concerts, snow sculptures, slide runs, horse-drawn sleigh or dogsled rides, skating and a giant foot ball game.

THE CANADIAN PRESS/  
CANADACOOL.COM

**Sorry, Sochi**

The race is the main event of the carnival. The teams race across the St. Lawrence River from Quebec City (Basin Louise) to Lévis, and back. The St. Lawrence is the only place in the world where this sport is practised.

## WE ACT: CANADA DOES GOOD

Q&A with an inner-city community builder



CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Jamil Mahmood, grassroots community development leader

**Where:** Winnipeg, MB

**What:** Community leader

**Why:** "When you make little steps at the community level, it has a lot of impact."

Nine years ago, Mahmood's passion for community development led him to Winnipeg's public gardens to co-ordinate summer programs for the Spence Neighbourhood Association. There, he met many youth and learned about the challenges they faced and the dialogue they wanted to start around improving their community. They just needed an activity to get the ball rolling.

So Mahmood started a soccer program. What started as kids kicking a ball around a field has grown into the inner city's largest sports program—one of many community initiatives he oversees.

**What's the first step of getting involved?**

"Getting to know people. Before I started doing work with community members, I always got to know what they're about. Hearing families' stories and challenges was eye-opening."

**Most rewarding part of your work?** "Last year a youth that played on our first-ever team got a full-ride basketball scholarship to the University of Victoria. When you give kids an opportunity to play and they run with it, you know you're doing something right!"

CRAIG AND MARC KIELBURGER

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



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Addison Timlin and Anton Yelchin star in *Odd Thomas*, part of the Sinister Cinema series. CONTRIBUTED

# That odd thing called love

**Addison Timlin.**  
Actress talks about her leading lady role in the Dean-Koontz-penned *Odd Thomas*

CHRIS  
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scene@metronews.ca

There's something odd about *Odd Thomas*, both the film and the same-named protagonist played by *Fright Night*'s Anton Yelchin.

The eerie, lively and amusing supernatural adventure (which opens this Friday in Canada and is directed by The

Mummy's Stephen Sommers) is an adaptation of the celebrated cult novel by horror-meister Dean Koontz in which sweet-natured short order cook Odd uses his uncanny ability to "see dead people" to avenge ghosts, battle a human fungus and save the world.

But behind every good monster-hunting man is a good — and tolerant — woman, and Odd's main squeeze is the lovely Stormy Llewellyn played by the equally lovely Addison Timlin (*Zero Hour*). Playing a beloved character with literary origins wasn't a task taken lightly by the 22-year-old actress.

"First and foremost," Timlin says, "you have to share the character."

"Stormy was not my own, I had to create a version of her. I had to find a way to capture how lovely her spirit was and I did read the books. There was plenty of highlighting and tons of notes. And since Anton helped find his character by training with a real fry cook, I ended up working at an ice cream parlor in New Mexico. Seriously."

Such dedication to sculpting a multidimensional character in an effects-heavy supernatural horror-drama is to be commended. The result of both Yelchin and Timlin's methods is a palpable on-screen romance that — although never really explained — is genuinely moving, a rare chemistry that

is refreshingly bereft of exposition.

"It's really very simple," says the actress. "We all decided that when you're really in love, your whole world becomes that thing, two people who really understand each other, who have certain attributes of each others' personalities in each other, who have this rapport with each other."

"I'm a sucker for romance in any case and that's what drew me to the film first and foremost, its love story."

And for those viewers cautious of watching an intimate dark fantasy drama helmed by one of Hollywood's most indulgent directors (*Outside of The Mummy* films, Sommers also

## Sinister Cinema

*Odd Thomas* is part of Cineplex's Sinister Cinema series. For more information on screening times and locations, visit [cineplex.com](http://cineplex.com).

directed the bloated Van Helsing and G.I. Joe), Timlin assures that Sommers had complete control. "I think people forget that before *The Mummy*, Stephen was a writer first. He has a good eye for moments between people and a genuine love for storytelling. And Dean Koontz loves the movie, which should tell you something!"

## E-books

### Rain Shadow

By: Rebecca Hansen Carrer

## iBooks



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

The prospect of undiscovered wealth drove men to shameful acts of subterfuge and violence in the late 1800's acquisition of water rights for Los Angeles. This well-researched, fictionalized account follows a young girl as she grows up through the corruption. Zoomable maps, a music score, and pop-up history notes enhance the story.

## RoboCop. Canuck actors thrilled with the tech

The '80s classic *RoboCop* gets a movie makeover this week with a slew of modern-day visual effects, but the star of the film is still that heavily armoured suit, say two of the reboot's Canadian co-stars.

The beloved action flick returns Wednesday with Joel Kinnaman in the leading role of Alex Murphy, a critically injured cop who is transformed into a human-robot hybrid by a corporation bent on re-inventing law enforcement. As in the original, the action is set in a futuristic crime-ridden Detroit.

Toronto-bred co-star K.C. Collins says performing opposite a fully encased Kinnaman — who was forced to wear a costume weighing roughly 20 kilograms — was "very in-

tense" and "very intimidating." "The suit is still the suit," says Collins, who plays a street-smart fellow cop. "The suit is still hardware, it's tangible in this film, it's not something that's, like, throw a few (motion capture) dots or whatnot and then go create it on the computer."

As a fan of the original 1987 film, Collins says he was glad to be just as impressed with the eye-popping visuals as he was when he was a kid.

He recalled watching the film's Swedish star, best known in North America for starring in *The Killing*, enter his trailer as a regular guy but emerge as a deadly machine.

"It was weird to see how one can be transformed in front of your eyes into a superhero,"

Actors Gary Oldman and Joel Kinnaman pose with *RoboCop*. CONTRIBUTED

says Collins, who added that he had not yet seen the final film.

"That was incredible. We deal a lot with green screen and whatnot in this business, but to really see him put on this suit ... it was incredible. That was interesting for me as an actor who's seen a lot — to still be amazed. That's always the best feeling."

The action takes place in 2028, but the science on display

is all very plausible, says fellow Canuck co-star Patrick Garrow, who marvelled at advances in day-to-day technology since the original film debuted in 1987.

But despite all the cool tools on display, this is not just a blow-'em-up action flick, he adds, noting that the deeper social themes that endeared the first *RoboCop* to fans and critics alike were maintained.

THE CANADIAN PRESS



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

## Poor Paltrow gets the push from her neighbours



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

Gwyneth Paltrow is selling her London house, reportedly because all the neighbours dislike her. That is such a mean, terrible lie. She's being forced to move because the neighbours all refuse to wear organically sourced cotton and it hurts her eyes.

J.K. Rowling says that she very much regrets Her-



mione and Ron's romantic relationship and that she now believes Hermione should have ended up with Harry. It's infuriating and upsetting news but, fortunately for everybody, those people DON'T EXIST.

Queen Elizabeth has reportedly told Duchess Kate to lower her hemlines and to start wearing more traditional jewelry such as tiaras. Not because the Queen really cares, but it's the little things that keep life fun.

## LaBeouf: Now plagiarizing for press conferences, too

Welcome to the deep end, Shia LaBeouf. The actor, who has had quite the time of it these past few months, is racking up more weirdness points after showing up at a press conference for Nymphomaniac in Berlin on Sunday looking filthy, "missing a lower tooth," and then storming out after uttering a nonsensical quote. Oh, and then he showed up on the red carpet with a bag on his head.

And all of this was after he almost got into a fight with three "fans" in a hotel lobby on Saturday after they tried to take his picture.

So, let's backtrack a bit: In December, it was discovered that LaBeouf's new short film, HowardCantour.com, was basically lifted from a 2007 comic by Ghost World author Dan Clowes. A huge firestorm erupted. LaBeouf took to sky-writing to apologize, inscribing, "I'm sorry Daniel Clowes" over Los Angeles on New Year's Day.

Now back to the Nymphomaniac press conference. LaBeouf appeared next to his costars Christian Slater, Stacy Martin, Uma Thurman and Stellan Skarsgård beat up, dirty and, yes, missing a tooth.

Someone then asked him this softball question: What did he think about doing a movie with so many sex scenes? He paused several beats, then



Shia LaBeouf makes a statement at the Berlin Film Festival. GETTY IMAGES

replied, "When the seagulls follow the trawler, it's because they think sardines will be thrown into the sea. Thank you very much." He then left the room while his costars looked on and then softly applauded.

At first, everyone thought that LaBeouf actually said something not plagiarized for once, but that dream was quickly erased. Turns out, LaBeouf's line was borrowed from French soccer player Eric Cantona, who baffled reporters with it in the mid-1990s following his suspension for a flying kick on a heckler.

Later on Sunday, LaBeouf showed up on the red carpet with the bag on his head. Because, well, why not? Look, LaBeouf. Not sure what is going on here, but we've already suffered through the antics of Joaquin Phoenix, and that's enough for one decade. **WITH FILES FROM THE ASSOCIATED PRESS**

## Valentino left holding the bag for photo promo gaffe

The fashion house Valentino has apologized for touting in an email blast to journalists that one of their pricey bags was carried by Amy Adams as she stepped from a car at the wake of Philip Seymour Hoffman.

Much was made of the promotional email sent Friday, complete with two photos of Adams outside the Thursday wake. Valentino said in a state-

ment that quickly followed that the company didn't realize the photos were snapped at the sad gathering of loved ones for Hoffman, who was found dead Feb. 2 of an apparent heroin overdose in his apartment.

Hoffman, 46, co-starred with Adams in The Master and both his wake, and funeral the next day, were attended by numerous celebrities, Adams

included. "We sincerely regret releasing a photo to the media ... of Amy Adams with a Valentino Bag. We were not aware the photograph was taken while she was attending the wake of Philip Seymour Hoffman. It was an innocent mistake and we apologize to Ms. Adams who was not aware, or a part of, our PR efforts," said the regretful statement.

THE ASSOCIATED PRESS



Valentino is under fire for sending out a photo of Adams carrying one of the company's bags at Philip Seymour Hoffman's wake.

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# This season, would you please pass the catch-up?

**Leave that loan alone.** When it comes to your RRSPs, 'tis nobler to stock up on contributions than to borrow that cash



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Every RRSP season I get a slew of letters from people who want to ask me about borrowing money to catch-up unused RRSP contribution room. Their bankers have convinced them to borrow big-time to catch up on all the RRSP contributions they hadn't made.

I thought this might be on more than one person's mind since it's RRSP season and the marketing material is flying in the door at a wicked clip. Remember that by its nature, marketing material is designed to show you the positive side of a strategy so you'll want to take advantage of the "offer." But not all offers are worthy of your attention.

Let's take the case of Nancy, who wants to borrow \$45,000 to catch-up her unused RRSP room. When I brought up Scotiabank's calculator, the default interest rate was 7.5 per cent. Nancy plans to repay \$530 a month.

Assuming Nancy applies her tax refund — Scotia's cal-



**That's gonna cost ya**

**I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.**

Gail Vaz-Oxlade

culator says it'll be \$15,750 — to her catch up loan, it will take Nancy 10 years to get out from under this debt and it'll cost over \$7,000 in interest by the time the loan

is repaid, assuming her interest rate does not go up one iota over the next decade. Hmmm. I wouldn't take that bet!

But hang on a second. That tax refund might not be right. Since we pay tax on a sliding scale, as the deduction is applied, Nancy's marginal tax rate might go down so that instead of getting a \$15,750 refund, she ends up with less.

The calculator doesn't take that into consideration, nor do most of scenarios in those marketing brochures. The result is that people get back less in taxes than they imagined and get stuck paying back their loan for longer.

Do I think this is a good idea? I DO NOT.

If interest rates go up, Nancy could find her higher payments putting more pressure on her budget, since the loan rate is only fixed for the first year.

And with a loan repayment eating up a large slice of her budget pie, will Nancy be able to afford to make her regular RRSP contributions? If the answer is "No," at the end of the catch-up loan she would have to catch up the contributions she didn't make while she was repaying the loan. Sounds like a catch-22 to me.

Here's an option Nancy might want to consider. She could set up a monthly in-

## RRSP-ECT GAIL!

Don't even bother trying to come up with an excuse for why you can't save a dollar a day. It'll be lame.

- Every day slip a loonie into a rinsed out soup can. At the end of the month you'll have your first \$30. By the time you take the can opener to that sucker, you'll have a healthy deposit for your TFSA, RRSP or emergency savings.

vestment plan and contribute the amounts she would have paid on the loan to her RRSP. It may take a little longer to catch up, but she would have no interest costs. All her money will be working for her instead of making a bank even more profitable.

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Saving and investing are long-term, slow and steady propositions. If you want to catch up your RRSP unused contribution room, trim back on your expenses or make enough extra money to sock away what you want. Don't borrow it.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.**

## Honey, the toddler wants his tablet again!

**Apple before ABCs?** Canadian kids can navigate a tablet before they can tie their laces: report

A global study of how young kids are using the Internet found Canadians were spending less time online and were less likely to have their own email address or social media account.

Still, more of the three- to five-year-old Canadian children

involved in the study knew how to use a mouse and play computer games than ride a bike or write their name.

The survey of more than 6,000 mothers in 10 countries was conducted by security software company AVG Technologies, which researched how kids between the ages of three to five and six to nine were engaged with the Internet.

About 89 per cent of the kids in the older group were already Internet users, while the figure was one percentage point higher in Canada. A whopping 97 per cent of the Brazilian kids and 96 per cent of the British

## Baby on (key)board!

- As for what the younger three- to five-year-old kids were doing themselves, 78 per cent of the Canadian tots could already use a computer mouse, 76 per cent could play a basic computer game, 54 per

cent knew how to turn a computer on and off, 40 per cent could navigate a tablet or smartphone, 19 per cent could competently browse the web, and 16 per cent could make a phone call.

children in that age bracket were familiar with the Internet.

When the parents of the six- to nine-year-old kids were asked how long they allowed their children to go online the

most common reply was between two to five hours a week (42 per cent), followed by less than two hours weekly (36 per cent), five to 10 hours a week (16 per cent) and more than ten

hours weekly (seven per cent).

About 40 per cent of the Canadian parents said they limited Internet time to less than two hours a week and 48 per cent said they allowed two to five hours of web time weekly.

Although it's emerged as a bit of a trend among digitally obsessed parents, few involved in the survey said they made a point of registering an email address for their baby or toddler.

Just eight per cent of the parents said they reserved an email address with their child's name, while six per cent of the Canadian moms did so.

THE CANADIAN PRESS



Slavery myths in Canada

## Myth No. 1

### Slavery never existed in Canada, right?

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

## Myth No. 2

### Canada was the first to abolish slavery before other parts of the world followed suit.

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

## Myth No. 3

### Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

## Myth No. 4

### Slaves who escaped north lived out the rest of their lives in Canada.

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL



This painting, originally entitled *Portrait of Negro Slave*, is one of very few public pieces of art that depicts a Black Canadian slave. COURTESY MONTREAL MUSEUM OF FINE ARTS

# Canada's unknown slave-owning past

## Black History Month.

Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books

### Quoted

"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."

Rosemary Sadlier, a descendant of Canadian slaves



TAKARA SMALL  
life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night.

But here's the twist: These slaves weren't running toward Canada. They were running away from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film *12 Years a Slave*, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there was an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through

the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies."

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in New Brunswick in 1793.

"Everyone assumes that everyone who is black is a recent immigrant, but there are thousands of black Canadians who have been here since the founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she

says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

A painting originally called *Portrait of Negro Slave* is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to *Portrait of a Haitian Woman*.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.



# How best to succeed in post-secondary situations? Start with a little class

## On-campus etiquette.

While working hard for those As and Bs, it's important to brush up on your Ps and Qs

LASSE EMIL KRISTIANSEN  
Metro World News

Don't look sloppy, be nice to your fellow students and greet people with a firm handshake. These simple rules might seem obvious, but they're certainly not on the syllabus. In her book *The Essentials of Business Etiquette: How to Greet, Eat and Tweet Your Way to Success*, Barbara Pachter will guide you through your studies without looking ignorant or unprofessional.

### When is it appropriate to



Nothing beats a solid handshake when it comes to business encounters. ISTOCK

### tweet your professor?

Usually professors let their students know the best way to reach them, including

whether sending a direct message is appropriate. If a professor doesn't say anything, you can always ask.

### Is it ever appropriate to friend request your professor on Facebook?

Before you send a request,

ask yourself: "Do I really want my professor to read my posts?" Plus, professors will often express their opinions about connecting with their students on social media. One professor tells her students that she will only connect with them on LinkedIn, and only after the semester has ended. My students can like my business Facebook page.

### What is the proper way of greeting someone at a business meeting?

The handshake is the proper business greeting. Both men and women should stand when they shake hands.

### When you are having lunch with a business associate what is the ideal thing to order?

Remember that the purpose of a business meal is business, not food. Order what you know how to eat, what is easy to eat,

and what you like to eat. A business meal is not the time to experiment. Also, order something in the mid-price range. If you order the most expensive item, it will look like you are taking advantage.

### When applying to MBA programs, what is the best way to reach out to professors you're interested in working with?

I would send an email to the professor. Use a descriptive subject line to catch the professor's attention. Make sure the message is clear about what you want. Use polite language and eliminate any typos. Include your contact information — including full name and phone number.

### How many emails is it appropriate to send if you don't receive a response?

Emails do get lost so I would wait a week or so and then send one more.



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## 'Round the world wisdom

### Stuck in the middle with your goal?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT  
Stéfán Danis  
life@metronews.ca

Most of us love the excitement of signing up for a big project. We jump into the endeavour with vigor and are eager to hit the ground running. When the end finally comes into view we get a surge of energy, a finishing kick allowing us to complete the project effortlessly.

When running longer distances, the real challenge is the dreaded middle where you crave that long-gone excitement



The finish line of your goal may be far from sight, but this is exactly the wrong time to kick back and become complacent. ISTOCK

of the start line, but still can't smell the scent of the finish line.

The ever inhospitable deserts had me and most competitors dozing through the middle of the races, hardly feeling as if we made progress at all. Once I realized I had fallen victim to the blahs, the lesson was as impactful as it was simple: Be it in life, a relationship, a project or racing in the desert, most of our time gets played

out in the middle, and it is here we need to work hardest to keep our forward drive intact. I did so by inventing mini personal challenges throughout the middle of my races, this way creating a multitude of starts and finishes.

How do you push through the middle hurdle?

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



# Skinny dip your fave fruit in a sweet Baileys Irish Cream Fondue



This fondue contains 240 calories per serving. ROSE REISMAN



**ROSE REISMAN**  
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**Sweet Week.** Prepare to feel your teeth ache as Metro gets in the mood with a different Valentine's recipe each day this week

What makes for a more outstanding Valentine's Day than ending a meal with a luscious chocolate fondue? It's perfect for the romantic couple as well as a great family treat.

Not to mention, a bubbling pot of melted silky chocolate during the coldest month of the year will warm

up anyone's heart.

My light chocolate fondue is not an oxymoron! You can definitely have your chocolate and eat it too, without worrying about excess calories, fat and cholesterol.

My fondue recipe uses 2 per cent evaporated milk rather than heavy cream, which is traditionally used.

If you want more antioxidants use chocolate with a higher percentage of cocoa. But above 70 per cent cocoa is too bitter for a fondue.

Semi sweet has around 35 per cent cocoa content and suits this recipe well.

You can also experiment with white or milk chocolate, but you may have to add more evaporated milk.

Any liqueur of your choice will work or you can omit completely. My favourites include Kahlua, crème de menthe, Frangelico or

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

fruit liqueur.

Slice up your favourite fruit, dried fruit and some mini marshmallows and you're ready to dip!

My favorite fruits for dipping include scrumptious strawberries, bananas, pineapple, honeydew and cantaloupe.

If you don't have a fondue set, just serve in a decorative heat proof bowl surrounded by the dipping ingredients.

Leftover fondue can be refrigerated and reheated for the next dipping party.

## Directions

1. In a small saucepan on

the lowest heat, combine chocolate and evaporated milk. Whisk constantly for 3 minutes just until chocolate is melted.

2. Add sugar, corn syrup and Baileys and simmer for 5 minutes on the lowest heat, whisking constantly.

3. Place in a bowl or fondue set with ingredients to be dipped.

## Ingredients

- 8 oz semi sweet chocolate chips
- 1/2 cup 2% evaporated milk
- 1 cup icing sugar
- 2 tbsp corn syrup
- 2 tbsp Baileys liqueur
- 4 cups combined sliced fruits, dried fruits, mini marshmallows

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# Knights overcome net issues to top Whalers

**OHL.** Patterson struggles but Knights rally to get first win of weekend against Plymouth



**DAVE LANGFORD**  
dave.langford@metronews.ca

London Knights starting goalie Anthony Stolarz may be sidelined longer than first believed.

On Jan. 17, Stolarz left the ice early with a serious leg injury that resulted in 55 stitches and two nights in hospital. It was announced he would be sidelined four weeks.

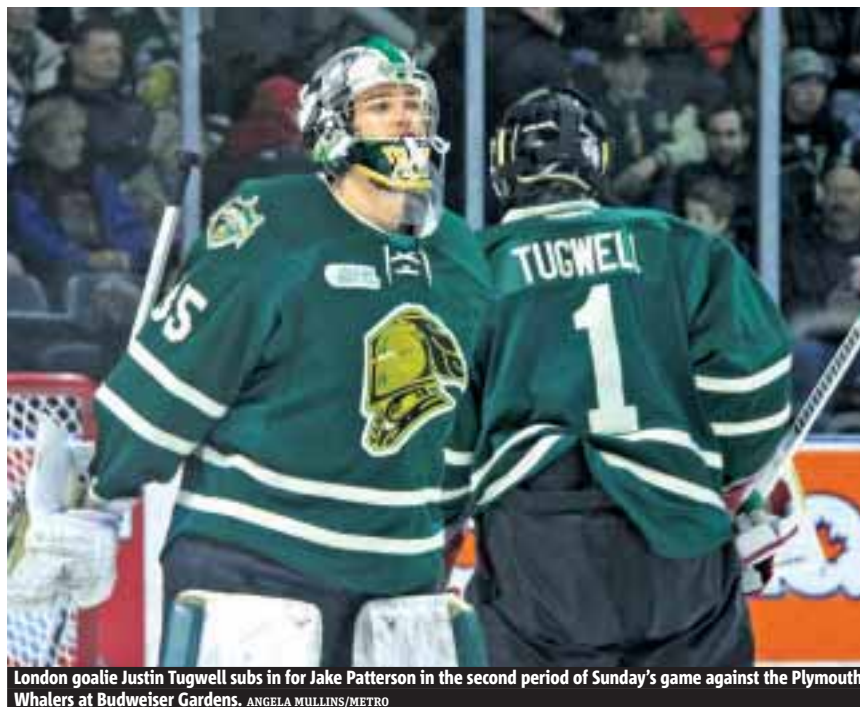
Now more than three weeks later, Stolarz is still sporting a plastic walking cast.

"Until he's on the ice, we don't know (when he will return)," Knights goalie coach Bill Dark said before Sunday afternoon's game against Plymouth Whalers.

Meanwhile, backup Jake Patterson started his ninth straight filling in for Stolarz. He was also yanked for the second in a row as he stopped only eight of 11 shots in a period and a half.

With third-stringer Justin Tugwell finishing up for the second consecutive game, the Knights rallied to beat the Whalers 5-4 before 8,999 spectators at Budweiser Gardens.

On Saturday night, Patterson stopped only 12 of 18 shots as the Knights lost 7-2



London goalie Justin Tugwell subs in for Jake Patterson in the second period of Sunday's game against the Plymouth Whalers at Budweiser Gardens. ANGELA MULLINS/METRO

On Sunday

5

Knights

4

Whalers

to the Erie Otters. He was removed after 30 minutes and Tugwell stopped 14 of 15 the rest of the way.

The Knights now have a home-and-home series with the Sarnia Sting this week, Thursday in Sarnia and Fri-

day in London.

"We know we can play better than that as a team as (a) whole," Knights general manager Mark Hunter said. "Everybody looks at Patty. It's not just Patty. It's the team. Patty can play better. The defence can play better and the forwards can play better."

Hunter said it will be two more weeks before Stolarz is ready.

"He's riding the bike, so we don't want to hurry it either. Don't want him to take a setback," Hunter said.

Josh Anderson, with his

20th, Owen Macdonald, with his first of the season, CJ Yakimowicz, with the first of his career, Brady Austin and Chris Tierney scored for the Knights. Francesco Vilardi, Ryan Hartman, Victor Crus Rydberg and Connor Chatham scored for the Whalers.

On Saturday night, Connor Brown, with two, Dane Fox, with his 55th, Joel Wigle, Michael Curtis, Adam Pelech and Andre Purakovsky scored for the Otters.

Defencemen Alex Basso and Austin scored for the Knights.

## NBL Canada

### Fizzling Lightning set to face A's

The London Lightning will be looking to put three back-to-back losses behind them when they travel to Brampton on Monday.

London's National Basketball League of Canada record stands at 20-13 after losing 97-80 Friday on the road to the Windsor Express.

The Lightning haven't won a game since they faced the Brampton A's on Jan. 26.

After that victory, London had an extended break that ended late last week. **METRO**

## Tennis

### Bouchard carries Canada to victory

Eugenie Bouchard did everything she could to help her country.

Bouchard won both her singles matches, including the clincher on Sunday, to power Canada to a 3-1

victory over Serbia in its Fed Cup World Group II tie over the weekend.

In beating Serbia's Vesna Dolonc

6-0, 6-3, the Montreal native gave Canada a 3-0 lead in the best-of-five tie in front of her hometown fans at the Claude-Robillard Sports Complex.

"I think I played two solid matches, and I helped Canada," said Bouchard, 19. "I'm very proud of that. The whole team was very excited all week."

**THE CANADIAN PRESS**



**Eugenie Bouchard**  
ECAC

# Friendships go by wayside for national pride



Stanley Cup winners Patrick Kane and Jonathan Toews could meet again with Olympic gold on the line in Sochi. JONATHAN DANIEL/GETTY IMAGES

When the puck drops for men's hockey at the Sochi Games, friends will become foes.

Fast.

The Czechs will face the Swedes on Wednesday, just four days after Boston beat Ottawa 7-2 in one of the NHL's last matchups before its Olympic break.

David Krejci and Loui Eriksson both had two assists for the Bruins in the rout. On Wednesday, the forwards will be playing against each other and for their countries — Krejci for the Czech Republic and Eriksson

## Kane's motivation

**"To have 300 million people have your back and cheering for you to win for the gold medal, it's pretty amazing to think about."**

U.S. forward Patrick Kane

for Sweden.

Most of the 18 preliminary-round games will feature NHL teammates as opponents.

Chicago Blackhawks stars Patrick Kane and Jonathan Toews are not scheduled to face each other in the preliminary rounds, but both are hoping for a U.S.-Canada gold-medal rematch.

"We're always, in a fun way, competing against each other on a daily basis," said Toews, who helped the Canadians beat the U.S. for the gold in 2010. "We'll be competitive if we get a chance to play each other."

"One guy is not going to want the other to get the best of him." **THE ASSOCIATED PRESS**



# Bittersweet silver for Virtue, Moir

## Figure skating.

Canada places second in inaugural team event, but London duo worried about ground lost on American rivals

Scott Moir peered up the point spread and cursed quietly under his breath.

Then somebody reminded him he'd just won an Olympic medal.

Canada captured silver in the new team figure skating event at the Sochi Olympics on Sunday, but it came with mixed feelings.

Elation for Kevin Reynolds, who filled in admirably for Patrick Chan in his first international event this season. Shock for Tessa Virtue and Moir, who lost to American ice dance rivals Meryl Davis and Charlie White by their largest margin ever.

"We got smoked today, not even close," said Moir, Canada's team captain. "We just can't be that way ... it's not fun to be seven points behind in the free program. We don't plan on being there in a week."

Cheered on by an arena filled largely by its countrymen, President Vladimir Putin, and a burly man banging on a huge bass drum, Russia clinched its first gold medal

### Quoted

"We'll take a night here and celebrate with our team, but you can already see the wheels turning in my head..."

Scott Moir



Tessa Virtue and Scott Moir perform their free dance in the ice dance portion of the team figure skating event on Sunday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

of the Games with a dominant 75 of a possible 80 points. The Canadians had 65, five more than the third-place Americans.

The nine-member Canadian team — Virtue and Moir, Chan, Reynolds, Kaetlyn Osmond, Meagan Duhamel and Eric Radford and Kirsten Moore-Towers and Dylan Moscovitch — grabbed each other in a massive group hug afterward.

They clasped hands in a Broadway style bow in the flower ceremony. Moir, however, didn't get a bouquet — the presenters were somehow one bouquet short — so Virtue reached over and clasped his hand and they held her flowers together.

In the post-podium victory

lap, Moir sailed a huge Canadian flag over his head.

"We couldn't be happier for our team," Virtue said. "It's been so much fun to cheer on our teammates all week long, they've had a lot of personal bests, a lot of special Olympic moments and it doesn't get any better than that."

But Canada's defending ice dance champions have to hope for much better when their individual event begins next Sunday.

Davis and White, who had never beaten the Canadians in the free dance by more than about a point-and-a-half, scored 114.34, topping them on the technical score and all five components — what used to be the artistic — scores.

THE CANADIAN PRESS

### Highlight of the night

Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.



Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.



## Day 2 roundup. Canada takes step backward from historic opening day

After a best opening day ever at a Winter Olympics, Canada cooled on Day 2 with a single silver medal in figure skating.

The second-place finish in the new team event gave Canada a total of four medals at the 2014 Winter Games in Sochi, Russia.

Canada opened with a medal of every colour Saturday, including Justine Dufour-Lapointe's gold in women's moguls.

The stated objective for Canada is to win the overall medal count after finishing third with 26 in 2010.

### THE GOOD

Canada's figure skaters should feel good about themselves heading into their individual events after capturing silver in the new team event. A showdown is brewing in men's singles between Canada's Patrick Chan and Russia's Evgeni Plushenko.



### THE BAD

- Snowboard slopestyle world champion Spencer O'Brien of Courtenay, B.C., had a rough day at Rosa Khutor Extreme Park and finished last. A tearful O'Brien told reporters she was "really sad that I let Canada down."

- No medal in men's downhill, although Erik Guay of Mont Tremblant, Que., Manny Osborne-Paradis of Invermere, B.C. and Calgary's Jan Hudec have another chance in Sunday's super-G to end a 20-year medal drought in alpine skiing.

- Alex Harvey of St-Ferriol-les-Neiges, Que., will have



more chances at a cross-country medal at these Winter Games, but he was 18th in his first attempt in the men's skiathlon.

Canada's Sunday grade: C  
THE CANADIAN PRESS

### 'Give them time'

## Gay ski jumper confident Russia will change laws

An openly gay women's ski jumper says protests against Russia's law banning homosexual "propaganda" aimed at minors aren't worth it because "no one cares."

Daniela Iraschko-Stolz of Austria, who is a gold medal favourite in the women's normal hill, married partner Isabel Stolz last year.

"I don't think it's a good idea to make protests here, no one cares," she said after training Sunday. "I know Russia will go and make

the right steps in the future and we should give them time." THE ASSOCIATED PRESS

### Luge

## Fennell improves standing to 27th

Canadian John Fennell made up ground Sunday in the men's luge event at the Sochi Games.

The son of Canadian Football Hall of Famer Dave Fennell finished 27th overall with a four-run time of three minutes 32.716 seconds.

But through the opening two runs Saturday, the six-foot-three, 203-pound Fennell was 30th overall with a combined time of 1:46.911.

THE CANADIAN PRESS

# Chan savours his first Olympic medal



Patrick Chan cheers on his peers on Sunday in Sochi. DARRON CUMMINGS/THE ASSOCIATED PRESS

Patrick Chan collected his first Olympic medal Sunday, with the hope of more to come in the men's individual figure skating event.

But after watching teammate Kevin Reynolds, singles competitor Kaetlyn Osmond and ice dancers Scott Moir and Tessa Virtue wrap up the inaugural Olympic team figure skating competition, the three-time world champion from Toronto was feeling

### Quoted

"And to win a medal and to have such teammates, it really makes me proud to be Canadian." Patrick Chan

the glow of a Canadian silver medal.

Chan skated the short program to kick off the team event Thursday. Chan was

fifth four years ago at the Olympics in Vancouver.

The 23-year-old Chan was on hand to cheer on his teammates in the Iceberg Skating Palace at the three-day event.

"Extremely nice," he said of winning a medal, which will be awarded at a ceremony Monday. "It's surreal, it's extremely surreal."

The men's event will begin on Thursday and conclude Friday. THE CANADIAN PRESS



# Sister act strikes gold for Canada



Canadian sisters Justine Dufour-Lapointe, left, and Chloe Dufour-Lapointe show off their gold and silver medals from women's freestyle moguls at the 2014 Sochi Winter Olympics on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

**Sochi 2014.** Freestyle skiers Justine and Chloe Dufour-Lapointe make Canadian Olympic history

Skiing sisters Justine and Chloe Dufour-Lapointe won over many new fans as the first Canadian siblings to medal in the same Olympic event.

But in a packed news conference Sunday, Chloe wept as she reflected on two of their most important influences: their parents.

"I'm sorry, I'm overwhelmed," said the 22-year-old women's moguls silver-medallist. "This is the best moment in my life."

She said she and her two sisters — 19-year-old gold-medallist Justine and 25-year-old Maxime, who competed in the same event but didn't place — knew they couldn't let their parents down after they'd made sure their

daughters had everything they needed to participate in sports.

"You would think that it's not a big deal because it's a run down the hill," Chloe Dufour-Lapointe said. "But there are years of training behind it and I just told myself, 'You have to be very brave, you have to do what you can.'"

The moment loosened up a tightly orchestrated news conference, with French and English-speaking journalists squabbling about which language answers should be spoken in and where everyone should stand when the athletes entered the room with their parents.

The middle sister made the affair a family celebration, where the girls and their parents talked about sharing pea soup, summers on a sailboat and sibling rivalry.

And the future, too — Maxime said she plans to definitely compete again to try to match her sisters, and Justine speculated about launching a clothing line.

Sitting next to them, their

father, Yves Lapointe, was asked about the sacrifices he'd made to get them to that point.

The engineer said he wouldn't put things that way. "It's all about choices — what you want to do," he said. "Sacrifices, I don't think is the right word. Choice is much better." **THE CANADIAN PRESS**

## Bump and Jump

If Alexandre Bilodeau of Rosemère, Que., and Mikael Kingsbury of Deux-Montagnes, Que., continue their dominance, Canadians will be celebrating their 1-2 finish in moguls on Monday.

- **Double Trouble** The two skiers have dominated the World Cup circuit this season and Bilodeau is the defending champion after his 2010 win where he became the first ever Canadian to win Olympic gold on home soil.

## Figure Skating

### Parkinson hits personal best

Ottawa-born Paul Bonifacio Parkinson scored a season-best score in his free skating program Sunday as Italy finished fourth at the inaugural team figure skating event at the Sochi Olympics.

Parkinson, who turns 23 next Sunday, was given a score of 121.23, up from the 120.70 he posted at the Nebelhorn Trophy last September.

Still the score left him last among the men competing in the five-country final field. Russia's Evgeni Plushenko won with the free program with a score of 168.20, ahead of Canadian Kevin Reynolds (167.92).

The rankings translate into points for the team standings. Russia ultimately won gold with 75 points, ahead of Canada (65) and the U.S. (60). Italy was fourth with 52 points.

The three-day team event featured a male, female, pairs and ice dance couple from each country competing.

Parkinson holds dual citizenship by virtue of his mother, who was born in Italy. **THE CANADIAN PRESS**

## Curling. Canada, Norway are dressed for success

The Norwegian curlers have their kaleidoscope pants, but the Brad Jacobs team out of Sault Ste. Marie, Ont., is fiery, fit and ready to show it at the Winter Games.

Expect to see an intense Canadian men's curling team in form-fitting clothes when they step on the ice to open the Olympic curling competition Monday.

"We're going to be bringing everything we've got to every single game and the emotion that pours out of us sometimes, we can't control it," the skip says. "You can see that on the ice when a big shot is made and we all explode together."

"The Norwegians are famous for their pants and bring a lot of colour to the game. Our team is known for the tight shirts and tight uniforms more than the colourful pants."

The Canadian men open against Germany's John Jahr and Switzerland's Sven Michel at the Ice Cube Curling Centre on Monday.

The Jennifer Jones team out of Winnipeg takes on China's Bingyu Wang, the 2010 bronze medallist, to kick off the women's round-robin Monday.

Jacobs, third Ryan Fry



Canada's Brad Jacobs delivers the rock during a men's curling training session in Sochi on Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

and brothers E.J. and Ryan Harnden on the front end are riding a rocket that launched when curling nomad Fry joined the team a year and a half ago following stints with the Brad Gushue and Jeff Stoughton teams.

The foursome won the 2013 Tim Hortons Brier for their first Canadian title for all four of them. They finished second at their first world championship, falling to Sweden's Niklas Edin in the final.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.

**THE CANADIAN PRESS**

## MEDALS

(through 13 medal events)					
Nation	G	S	B	Total	
Norway	2	1	4	7	
Netherlands	2	1	1	4	
United States	2	0	2	4	
Canada	1	2	1	4	
Russia	1	2	1	4	
Austria	1	1	0	2	
Sweden	0	2	0	2	
Czech Republic	0	1	1	2	
Italy	0	1	1	2	
Germany	1	0	0	1	
Poland	1	0	0	1	
Slovakia	1	0	0	1	
Switzerland	1	0	0	1	
Finland	1	0	0	1	
Slovenia	0	1	0	1	
Britain	0	0	1	1	
Ukraine	0	0	1	1	

## WHAT CANADA DID

### SUNDAY

#### ALPINE SKIING

**Men's downhill** — Erik Guay, Mont-Tremblant, Que. (21st overall, two minutes 7.04 seconds); Ben Thomsen, Invermere, B.C. (19, 2:08.00); Jan Hudec, Calgary (21, 2:08.49); Manuel Osborne-Paradis, Vancouver (25, 2:09.00).

#### BIATHLON

**Women's 7.5-kilometre Sprint** — Rosanna Crawford, Canmore, Alta., (25th, 22:10.8, one penalty); Megan Imrie, Falcon Lake, Man. (31, 22:19.5 (1)); Zina Kocher, Red Deer, Alta. (32, 22:25.5 (2)); Megan Heinicke, Prince George, B.C., (59, 23:34.5 (3)).

#### CROSS-COUNTRY SKIING

**Men's 30-km Skiathlon** — Alex Harvey, St-Ferreol-les-Neiges, Que. (18th, one hour 10 minutes 0.2 seconds); Ivan Babikov, Canmore, Alta. (25, 1:10:14.6); Graeme Killick, Fort McMurray, Alta. (45, 1:13:16.1).

#### FIGURE SKATING

##### Team Event (free skates)

**Men** — Kevin Reynolds, Coquitlam, B.C., (second, 167.92 points); **Ladies** — Kaetlyn Osmond, Marystown, N.L. (fifth, 110.73); **Ice Dance** — Tessa Virtue, London, Ont., and Scott

Moir, Ilderton, Ont. (second, 107.56) — Canada won the silver medal with 65 points.

#### LUGE

**Men's singles** — Sam Edney, Calgary (placed 11th overall in event with a time of 3:29.77 after four runs); Mitchel Malyk, Calgary (26, 3:32.157); John Fennell, Calgary (27, 3:32.716).

#### SKI JUMPING

**Men's K90 (normal hill) individual** — Mackenzie Boyd-Clowes, Calgary (ranked 36th after first jump with 114.4 points); Dusty Korek, Calgary (39, 111.1) — neither qualified for second and final jump.

#### SNOWBOARDING

**Women's slopestyle** — Spencer O'Brien, Courtenay, B.C. (12th overall in final round with best run of 35.00 points); Jenna Blaszman, Kitchener, Ont. (11th in semifinals, 32.25 — did not qualify for final).

#### SPEEDSKATING (LONG TRACK)

**Women's 3,000** — Brittanny Schussler, Winnipeg (20th, 4:14.65); Ivanie Blondin, Ottawa (25, 4:18.70).

## SUNDAY'S RESULTS

### ALPINE SKIING

At Krasnaya Polyana, Russia

#### MEN'S DOWNHILL

(starting position in parentheses)

1. (11) Matthias Mayer, Austria, two minutes 6.23 seconds; 2. (20) Christof Innerhofer, Italy, 2:06.29; 3. (8) Kjetil Jansrud, Norway, 2:06.33; 4. (18) Aksel Lund Svindal, Norway, 2:06.52; 5. Also — 10. (21) Erik Guay, Mont-Tremblant, Que., 2:07.04; 19. (6) Ben Thomsen, Invermere, B.C., 2:08.00; 21. (2) Jan Hudec, Calgary, 2:08.49; 25. (28) Manuel Osborne-Paradis, Vancouver, 2:09.00.

### CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russia

#### MEN'S 30-KILOMETRE SKIATHLON

1. Dario Cologna, Switzerland, one hour eight minutes 15.4 seconds; 2. Marcus Hellner, Sweden, 1:08:15.8; 3. Martin Johnsrud Sundby, Norway, 1:08:16.8. Also — 18. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:10:00.2; 25. Ivan Babikov, Canmore, Alta., 1:10:14.6; 45. Graeme Killick, Fort McMurray, Alta., 1:13:16.1.

### BIATHLON

At Krasnaya Polyana, Russia

#### WOMEN'S 7.5-KILOMETRE SPRINT

(penalty laps in parentheses)

1. Anastasiya Kuzmina, Slovakia, 21:06.8 (0); 2. Olga Vilukhina, Russia, 21:26.7 (0); 3. Vita Semerenko, Ukraine, 21:28.5 (0); Also — 25. Rosanna Crawford, Canmore, Alta., 22:10.8 (1); 31. Megan Imrie, Falcon Lake, Man., 22:19.5 (1); 32. Zina Kocher, Red Deer, Alta., 22:25.5 (2); 59. Megan Heinicke, Prince George, B.C., 23:34.5 (3).

### FIGURE SKATING

#### TEAM EVENT (FINALS)

**Men** — 1. Evgeni Plushenko, Russia, 168.20 points; 2. Kevin Reynolds, Coquitlam, B.C., 167.92; 3. Tatsuki Machida, Japan, 165.85; 4. Jason Brown, U.S., 153.67; 5. Paul Bonifacio Parkinson, Italy, 121.23; **Ladies** — 1. Julia Lipnitskaia, Russia, 141.51; 2. Gracie Gold, U.S., 129.38; 3. Valentina Marchei, Italy, 112.51; 4. Akiko Suzuki, Japan, 112.33; 5. Kaetlyn Osmond, Marystown, N.L., 110.73; **Ice Dance** — 1. Meryl Davis and Charlie White, U.S., 114.34; 2. Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., 107.56; 3. Elena Ilinykh and Nikita Katsalapov, Russia, 103.48; 4. Charlene Guignard and Marco Fabbri, Italy, 81.25; 5. Cathy Reed and Chris Reed, Japan, 76.34.

**Final Standings** — 1. Russia, 75 points; 2. Canada, 65; 3. U.S., 60; 4. Italy, 52; 5. Japan, 51.

### SNOWBOARDING

At Krasnaya Polyana, Russia

#### WOMEN'S SLOPESTYLE

##### Final Rankings

1. Jamie Anderson, U.S., 95.25; 2. Enni Rukajarvi, Finland, 92.50; 3. Jenny Jones, Britain, 87.25; 4. Sina Candrian, Switzerland, 87.00; 5. Sarka Pancochova, Czech Republic, 86.25; Also — 12. Spencer O'Brien, Courtenay, B.C., 35.00; **Semifinals** — 11. Jenna Blaszman, Kitchener, Ont., (32.25; 10.50) 32.25 (did not advance).

### WOMEN'S HOCKEY

#### PRELIMINARY ROUND

##### Sunday's results

Sweden 1 Japan 0

Russia 4 Germany 1

##### Saturday's results

Canada 5 Switzerland 0

U.S. 3 Finland 1

##### Monday's games

U.S. vs. Switzerland, 5 a.m.

Finland vs. Canada, 10 a.m.



## Horoscopes

### Aries

March 21 - April 20

If someone is behaving badly that does not mean you have to follow their example. This is going to be an important week, especially for relationships, so don't go annoying people just for the fun of it.

### Taurus

April 21 - May 21

Don't be afraid to admit that you are out of your depth. The moment you speak up, you will have friends and family members rushing to assist you, so why suffer in silence?

### Gemini

May 22 - June 21

Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

### Cancer

June 22 - July 23

Don't worry too much if not a lot is going right for you. Later in the week the tide will turn in your favour and you will be in control of your own destiny again. You have little to fear and lots to look forward to.

### Leo

July 24 - Aug. 23

Steer clear of others' disputes today. No matter how well-intentioned you may be, you are likely to end up supporting the wrong side, which won't do your rep for picking winners much good.

### Virgo

Aug. 24 - Sept. 23

Someone who is down on their luck will come to you for assistance and you won't have the heart to turn them away. Hopefully you'll also have the sense to see that their troubles are of their own making.

### Libra

Sept. 24 - Oct. 23

Mars in your sign makes you confident and assertive but you are still advised to start the week slowly and carefully. Save yourself for next weekend when you'll be a winner in everything you do.

### Scorpio

Oct. 24 - Nov. 22

Don't worry too much if you feel gloomy today because you will brighten up later in the week. If you don't feel like working or socializing, don't force yourself. Sit quietly, and meditate.

### Sagittarius

Nov. 23 - Dec. 21

Put feelings of regret and remorse behind you and act as if life has never been better. Even a livewire Sag gets a bit down now and again but you bounce back faster than most.

### Capricorn

Dec. 22 - Jan. 20

You will find it easier to be assertive on the work front over the next seven days but don't go too far and give others the impression that you are turning into a dictator. Persuasion always works better than coercion.

### Aquarius

Jan. 21 - Feb. 19

The message of the stars as the new week begins is you have nothing to worry about. For some reason though you can't help but be suspicious and that could cause problems with colleagues.

### Pisces

Feb. 20 - March 20

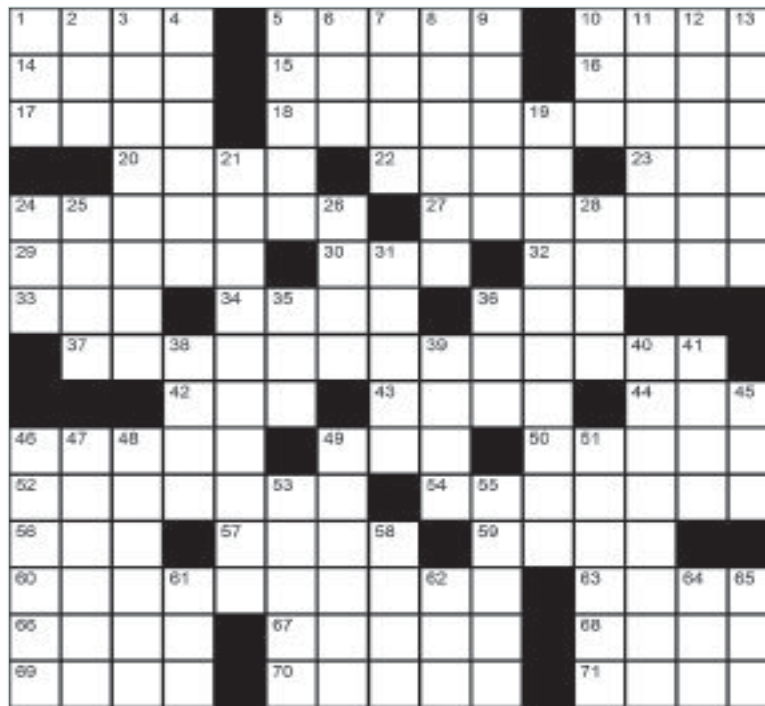
You may be tempted to cut corners but if you do you will be found out around the time of the full moon on the 14th.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Park, in Hamilton
5. 13th-century Russian invader
10. Engaged guy's event
14. Seed covering
15. Came about
16. Space
17. "Am \_\_\_ early?"
18. Canadian Country Music: Stephanie Cadman, Kendel Carson and Miranda Mulholland's trio: 2 wds.
20. Corleone Family leader
22. Salt amount
23. Tub
24. "A Little Respect" group
27. Prehistoric stone artifact
29. Radio dial
30. Perform
32. "The War of the \_\_\_" (1989)
33. House room
34. Ms. Reid
36. "Jeff \_\_\_" (Canadian comedy series)
37. SOCHI 2014 - Biathlon component: 2 wds.
42. Celtic sea god
43. Hair removal brand
44. Goon
46. Font flourish
49. Volcano's spewn material



50. "Are too!" comeback: 2 wds.
52. "Kate & \_\_\_" (2001)
54. Disentangles
56. Ms. Rand
57. Origin
59. Hosp. readouts
60. Canadian History: 1839 'Report' writer: 2 wds.

63. Thunderbirds org.
66. "\_\_\_ the other hand..."
67. Manage: 2 wds.
68. Cars: \_\_\_, oil and filter
69. Ms. Suvari
70. \_\_\_ Edibles (Mrs. Garrett's gourmet shop on "The Facts

- of Life")
71. Prophet
- Down
1. Moo goo \_\_\_ pan (Take-out dish)
2. Painting
3. Explorer-to-Canada, John Cabot aka \_\_\_ Caboto
4. The Plaza Hotel's

- fictional resident
5. Small drum
6. Standard song: "Chances \_\_\_"
7. Narrated
8. Tilted
9. Peanut Butter Cups bigwig, H.B. \_\_\_
10. Roosted
11. Country singer

- Mr. Tritt
12. Get the drink to fizz
13. Actress Jennie, and surnamesakes
19. SOCHI 2014 - Ice sport: 2 wds.
21. Saskatchewan town
24. LAX posting
25. Penitent person
26. Sense organs
28. CCR tune
31. Lyricist Sammy, and surnamesakes
35. Ireland's flyer, \_\_\_
36. Law, in Lyon
38. Impertinent
39. Honolulu's home
40. Trivial matter
41. British prison
45. Mil. posts
46. SOCHI 2014 - Alpine Skiing event
47. A.A. Milne character
48. The Crystals hit: "Da Doo \_\_\_"
49. Worshipped
51. SOCHI 2014 - Free-style Skiing event
53. Scoundrel
55. Jules Verne's captain, and others
58. So
61. Genetic stuff
62. \_\_\_ crossroads
64. Pres. Lincoln
65. Iron: French

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Friday's Crossword

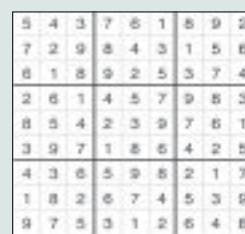


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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